

The real fun begins when you **combine all the colors** to create a delicious and healthy meal or snack! **All the benefits . . . all the colors . . . all at one time!**

Corn and black bean salsa

15 oz can black beans, washed and drained
2 cans corn, drained
8 green onions, chopped
1 green bell pepper, chopped
1 avocado
1 4 oz. jar pimientos
3 tomatoes, chopped
1 cup fresh cilantro, chopped
1 lime, juiced
½ cup Italian dressing*
½ tsp garlic salt



*depending on how juicy you want your salsa, add more or less of the dressing.

Combine all items in large bowl. Pour dressing on top. Cover and marinate overnight. Serve with chips.

¼ of a cup of salsa provides ½ of a serving of vegetables